

TURN UP THE HEAT!

NEW flavors for feel-good snacking



JULY 15TH TO JULY 20TH
HUNDREDS OF
ITEMS ON SALE!

SCAN TO VIEW



THE SALES AD



INTENSE
SPICE



SWEET
HEAT



LASSENS
NATURAL FOODS & VITAMINS

JULY 2024

LASSENS ALWAYS 100% ORGANIC PRODUCE

JULY
1ST - 6TH

WEEK 1



ORGANIC
Yellow Peaches

2 \$5
LBS

WEEK 1



ORGANIC
Green Kale

\$1.99
ea.

WEEK 1



ORGANIC
Seedless Watermelon

79¢
lb.
SLICED 89¢ lb.

JULY
8TH - 13TH

WEEK 2



ORGANIC
Cantaloupe

99¢
lb.

WEEK 2



ORGANIC
Black Plums

2 \$5
LBS

WEEK 2



ORGANIC
Red Seedless Grapes

2 \$5
LBS

JULY
15TH - 20TH

WEEK 3



ORGANIC
Nectarines

2 \$5
LBS

WEEK 3



ORGANIC
Seedless Watermelon

79¢
lb.
SLICED 89¢ lb.

WEEK 3



ORGANIC
Yellow Peaches

2 \$5
LBS

JULY
22ND - 31ST

WEEK 4



ORGANIC
Green Seedless Grapes

2 \$5
LBS

WEEK 4



ORGANIC
Nectarines

2 \$5
LBS

WEEK 4



ORGANIC
Green Kale

\$1.99
ea.

LASSENS
NATURAL FOODS & VITAMINS


FOLLOW US ON   

C L O S E D O N S U N D A Y S


LOS FELIZ (LA) 
323-660-0052
2080 Hillhurst Ave.
Los Angeles CA, 90027


SAN LUIS OBISPO 
805-250-2805
896 East Foothill Blvd
San Luis Obispo CA 93405


BAKERSFIELD 
661-324-6990
4308 California Ave
Bakersfield CA, 93309

VENTURA 
805-644-6990
4071 East Main Street
Ventura CA 93003

OXNARD
805-486-8266
3471 Saviers Rd
Oxnard CA, 93033

ECHO PARK (LA) 
213-542-6535
1631 W Sunset Blvd
Los Angeles CA, 90026

SANTA MARIA 
805-925-3432
1790 S Broadway
Santa Maria CA, 93454

THOUSAND OAKS 
805-495-2609
2150 E Thousand Oaks Blvd
Thousand Oaks CA, 91362

MIRACLE MILE (LA) 
323-648-7980

SANTA BARBARA
805-683-7696
5154 Hollister
Goleta CA, 93111

SIMI VALLEY
805-522-6990
2955 Cochran St
Simi Valley CA, 93065

710 South La Brea Ave
Los Angeles CA, 90036



LOCATIONS FEATURING DELI AND JUICE BAR

LASSENS MEAT DEPARTMENT



Lassens
Organic Boneless Ribeye Steak
8 oz.

\$16⁹⁹
ea.



Lassens
Organic Ground Beef
85/15, 16 oz.

\$8⁹⁹
ea.



Smart Chicken
Bone-in Chicken Thighs
Organic

\$4⁹⁹
lb.



Smart Chicken
Organic Sweet Apple
Chicken Sausage, 12 oz.

\$8⁹⁹
ea.



First Light
Wagyu New York Steak
Boneless, 8 oz.

\$18⁹⁹
ea.



Niman Ranch
Beef & Lamb Gyro Slices
Antibiotic & Sugar Free, 12 oz.

\$10⁹⁹
ea.



Niman Ranch
Ground Lamb
16 oz.

\$13⁹⁹
ea.



Star Fisheries
Wild Caught Salmon Fillet

\$16⁹⁹
lb.

LASSENS SUPPLEMENTS, HEALTH & BEAUTY

BIO-K+

Vegan Probiotic Drink
Peach Turmeric
Cognition
6 ct.



\$31⁴⁹

Also on sale:
Vegan Probiotic Drink, Elderberry
Immune, 6 ct. **\$31.49**

BUCKLEBURY

Zeolite With Chlorella
2 oz.



\$23⁴⁹

Also on sale:
Irish Sea Moss Gummies, 60 ct.
\$25.99

GARDEN OF LIFE

Dr. Formulated Probiotics
Gas & Bloating
50 Billion
30 ct.

**Customer
Favorite!**



\$31⁴⁹

Also on sale:
Dr. Formulated Probiotics Once Daily Ultra
90 Billion, 30 ct. **\$42.49**

ORGANIC INDIA

Ashwagandha Caps
90 ct.



\$21⁴⁹

Also on sale:
Liver Kidney Caps, 90 ct.
\$21.49

SOURCE NATURALS

NAC
1000 mg.
120 ct.



\$27⁹⁹

Also on sale:
Zeaxanthin 10 mg. 60 ct.
\$17.49

TOM'S OF MAINE

Whole Care Toothpaste
Peppermint
4 oz.



\$6⁹⁹

Also on sale:
Wicked Fresh! Cool Mountain
Mint Mouthwash, 16 oz.
\$5.99

VIBRANT HEALTH

Green Vibrance
11.64 oz.



\$52⁴⁹

Also on sale:
Joint Vibrance, 13.7 oz.
\$58.49

Jarrow
FORMULAS®

B deficient? B complete.†



Jarrow Formulas® Methyl B-12 is the biologically active form of vitamin B-12 that helps support cellular energy production.* It is better retained than common B-12 and helps convert carbs, fat and protein to energy.*

No matter your pursuit, Jarrow Formulas® uses superior science to help you find your superior hustle.

† Supplementation can be helpful for B12 deficient people.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

JARROW FORMULAS

Quality Ingredients.
Superior Science.



LASSENS

Bug Shield
Essential Oil
1 oz.



\$10⁹⁹

Also on sale:
Peppermint Essential Oil, 1 oz.
\$8.49

FOUR SIGMATIC

Organic Coffee Packets
Think
10 ct.



\$15⁹⁹

Also on sale:
Organic Protein Sweet Vanilla, 21.16 oz.
\$42.49

HIMALAYA USA

Ashwagandha
30 ct.



\$11⁹⁹

Also on sale:
Complete Care Whitening
Toothpaste Simply Peppermint
150 gm. \$5.19

NORDIC NATURALS

Ultimate Omega
Lemon
60 ct.



\$23⁹⁹

BLDG ACTIVE

Active
Skin Repair Spray
3 oz.



\$25⁴⁹

SAINT JAMES
Passion Fruit
& Peach
Green Tea
16.9 oz.



\$1⁹⁹

YACHAK TEA
Passion Fruit
16 oz.



\$1⁸⁹
+CRV

WORLD CENTRIC
9 Inch Plate
20 ct.



\$2⁸⁹

ARTISAN TROPIC
Sea Salt
Plantain Strips
4.5 oz.



\$4⁷⁹

BLUE DIAMOND
Original
Almond Milk
Unsweetened
32 oz.



\$2⁹⁹

BOB'S RED MILL
Muesli
40 oz.



\$7⁹⁹

BRIANNAS
Asiago Caesar
Dressing
12 oz.



\$2⁹⁹

CALIFORNIA OLIVE RANCH
Extra Virgin
Olive Oil
Everyday
500 ml.



\$14⁶⁹

FAN-TASTY
Keto Walnut Brownie Cake Mix
9.7 oz.



\$8⁹⁹

HAVEN'S KITCHEN
Herby Yuzu Aioli
7 oz.



\$5⁴⁹

CAPE COD SELECT
Cranberries
16 oz.



\$4⁴⁹

KICKING HORSE
Grizzly Claw
Whole Bean
Coffee
10 oz.



\$10⁹⁹

LILYS SWEETS
Dark Chocolate Bar
Sea Salt
2.8 oz.



\$3⁸⁹

MARYS GONE CRACKERS
Super Seed Everything Crackers
5.5 oz.



\$4⁴⁹

MOMOFUKU
Chili Crunch
5.5 oz.



\$8⁴⁹

MOUNTAIN VALLEY
Spring Water
1lt.



\$2⁴⁹
+CRV

EAT MEATI
Plant Based Carne Asada Steaks
8.8 oz.



\$9⁹⁹

POMI
Chopped
Tomatoes
26.46 oz.



\$4¹⁹

POPPI
Prebiotic Soda
Doc Pop
12 oz.



\$1⁸⁹
+CRV

QUINN
Pretzel Nuggets
Peanut
Butter
7 oz.



\$4⁹⁹

R W GARCIA
Yellow Corn Chips
8.25 oz.



\$3⁷⁹

ROAR
Mango Clementine
18 oz.



\$1⁹⁹
+CRV

MCCONNELL'S
Vanilla Bean Ice Cream
1 pt.



\$6⁹⁹

SAN J
Whole Tamari
20 oz.



\$7⁹⁹

SANTA CRUZ
Original
Lemonade
1 qt.



\$2⁹⁹
+CRV

TEAS' TEA
Green Jasmine Tea
16.9 oz.



\$1⁹⁹
+CRV

VITA COCO
Coconut Water
33.8 oz.



\$4⁴⁹

SATI
Clarity
Lemon-Lime
CBD Soda
12 oz.



\$3²⁹
+CRV

WILDBRINE
Korean Kimchi
18 oz.



\$5⁶⁹

LASSENS Tortilla chips

Chilaquiles

Comforting and satisfying, chilaquiles make for an easy, hearty breakfast.

INGREDIENTS:

- 1 dried ancho chile pepper
- 2 small cloves garlic (unpeeled)
- 8-ounce can tomato sauce
- 1 cup low-sodium chicken broth
- 1/2 teaspoon ground cumin
- 1 tablespoon plus 2 teaspoons vegetable oil
- Kosher salt
- Freshly ground black pepper
- 4 large eggs
- 6 cups Lassen's tortilla chips
- Sliced radishes
- Chopped red onion,
- Cilantro
- Crumbled Cotija cheese



Recipe

INSTRUCTIONS:

1. Heat the chile and garlic in a skillet, turning occasionally for 5 minutes. Remove from the heat and let cool; remove the stem from the chile, peel the garlic. Add the chile, garlic, tomato sauce, chicken broth and cumin to a blender; puree.
2. Heat 1 tablespoon vegetable oil in the skillet. Add the tomato mixture and cook, until slightly thickened. Season with salt and black pepper. Meanwhile, heat the remaining 2 teaspoons vegetable oil in a skillet. Crack the eggs into the skillet and season with salt and black pepper. Cook, without flipping, until the whites are set but the yolks are still runny.
3. Gently stir the tortilla chips into the tomato sauce in two batches until coated. Remove from the heat and top with the eggs, radishes, red onion, cilantro and Cotija cheese.

CHOBANI
Greek Yogurt, Strawberry
5.3 oz.



\$1⁴⁹

CLEVELAND KRAUT
Kimchi
16 oz.



\$4⁶⁹

DAILY HARVEST
Sweet Potato+ Wild Rice Bowl
11.6 oz.



\$7⁹⁹

DAISY
Sour Cream
16 oz.



\$2⁶⁹

BETTER BOOCH
Hibiscus Ginger Lime
Cha Tea
12 oz.



\$1⁸⁹
+crv

WATERLOO
Sparkling Water, Lemon Lime
12 oz. 12 Pack



\$4⁴⁹
+crv

FOLLOW YOUR HEART
Smoked Gouda
7 oz.



\$4¹⁹

GOODPOP
Orange, Cherry, Grape
6 Pack



\$3⁸⁹

ITHACA
Lemon Dill Hummus
10 oz.



\$3⁸⁹

KERRYGOLD
Cheese Sticks
Aged
6 oz.



\$4⁹⁹

BIG MOUNTAIN FOODS
Lion's Mane Mushroom Burger
8.5 oz.



\$5⁹⁹

HEALTH-ADE
Cayenne Cleanse
Kombucha
16 oz.



\$3¹⁹
+crv

MOTHER RAW
Caesar Dressing
8 oz.



\$3⁹⁹

NOOSA
Frozen Yoghurt Gelato
Chocolate Fudge
14 oz.



\$3⁸⁹

SO DELICIOUS
Coconut Milk
Vanilla Creamer
32 oz.



\$4⁶⁹

GUAYAKI
Yerba Mate
Berry
Lemonade
15.5 oz.



\$2⁴⁹
+crv

BREW DR
Clear Mind
Kombucha
14 oz.



\$2¹⁹
+crv

LATE JULY
Jalapeño Lime Tortilla Chips
7.8 oz.



\$3⁸⁹

LASSENS FRESH KITCHEN



Green Monster Juice

Organic Kale, Organic Spinach, Organic Parsley,
Organic Cucumber, Organic Celery.

\$8⁴⁹ \$10⁴⁹



The Delicious Smoothie

Organic Almond, Organic Almond Milk, Organic Ginger.
Organic Blueberries and Organic Dates.

\$8⁴⁹ \$10⁴⁹

Salmon Salad

Wild Caught Salmon, Organic Celery,
Organic Red Onion, Organic Parsley,
Organic Chives, Organic Tarragon,
Organic Dill, Organic Green Olives,
Organic Capers, Veganaise, Sea Salt,
Pepper, Organic Stone Ground Mustard,
Organic Lemon Juice,

\$19⁹⁹



Macaroni Salad

Organic Elbow Pasta, Organic Celery,
Veganaise, Organic Yellow Mustard,
Organic Paprika, Organic Carrots,
Organic Red Onion, Salt, Organic Black
Pepper, Organic Green Onion.

\$12⁹⁹



Made
Fresh Daily!

Avocado Sandwich

Organic Avocado, Organic Tomato, Organic
Lettuce, Organic Sunflower Seeds, Organic
Veganaise, Organic Black Pepper, Sea Salt,
Organic Rockenwagner Bread, Org Sprouts.

\$9⁹⁹

Vegan
Jack Fruit Carnitas

Organic Young Jackfruit, Organic Onions,
Organic Garlic, Organic Tomato Paste,
Organic Grapeseed Oil, Organic Chili
Powder, Organic Cumin, Organic Paprika,
Organic Oregano, Organic Cayenne,
Organic Hot Sauce, Organic Green Onion,
Organic Pepper, Sea Salt.

\$13⁹⁹



Mini Berry
Berry Tart

See Store For Ingredients

\$5⁹⁹

California
Burrito

See Store For Ingredients

\$12⁹⁹

Made to
Order!

Prepared
Fresh Daily!

Organic Grilled
Chicken Breast

Organic Chicken Breast, Organic Black
Pepper, Organic Garlic, Salt.

\$11⁹⁹

